

Bartlesville

LIVING

December 2021

we wish you

*Merry
Christmas*

HAPPY new year





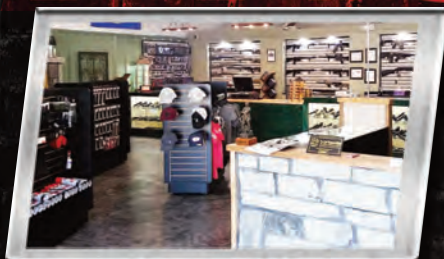
GUN RANGE

TRAINING



- 🎯 BEGINNERS
- 🎯 INSTRUCTORS
- 🎯 COMPETITION
- 🎯 LADIES GROUP "STEEL GRACE"
- 🎯 PRIVATE & GROUP COURSES AVAILABLE

PROSHOP



- 🎯 FIREARMS & ACCESSORIES

RANGE



- 🎯 INDOOR SEVEN LANES
- 🎯 OUTDOOR SIX 25 YARD BAYS & ONE 300 YARD RIFLE BAY



918-534-8758



gogok2a.com

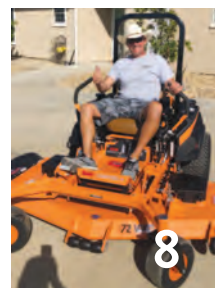
427 South Osage Avenue, Dewey, OK

Bartlesville

LIVING

Table of Contents

- 5 A BLUE Christmas Night...
- 6 Offering Hope to Sufferers
- 8 Christmas Gifts — Farm Style
- 9 Have Yourself a Techy Christmas
- 12 Century of Experience Behind Teco Name
- 15 Small Wins Toward Nutrition Goals
- 17 Walk in Light During Christmas



Bartlesville
LIVING

Volume III
Issue XII

Bartlesville Living is Published by **ENGEL**
PUBLISHING

Publisher
Brian Engel
brian@bartlesvilleliving.com

Art Direction
Copper Cup Images
design@coppercupimages.com

Project Manager
Andrea Whitchurch
awhitchurch84@gmail.com

Sales Associate
Peg S. Wilson
peg@bartlesvilleliving.com

Contributing Writers
Deanna Evans
Curt Landry, Kara Gage

Contributing Photographers
Peg Wilson, Washington County Equipment,
The House of David, Guns of Glory,
Andrea Whitchurch

About the cover:
Merry Christmas &
Happy New Year!

Design by Copper Cup
Images.





(918) 876-4470



5120 E Frank Phillips Blvd



OFFERING SAVINGS SOLUTIONS ON
SAFE, HIGH QUALITY
COSMETIC CARE
SINCE 2001



DECEMBER SPECIALS

-  Xeomin only \$10 per unit (regularly \$12)
-  Jeuveau only \$12 per unit & get \$80 off with the Jeuveau Rewards Program
-  Botox only \$12 per unit & get 10 units FREE with the purchase of 30 units
Same appointment only
-  Versa+ dermal filler is buy 1 syringe & get the 2nd syringe half off (\$297.50 savings) or buy 2 syringes & get the 3rd free (\$595 savings)
Same appointment only
-  PDO Threads are buy 3 get the 4th half off (\$75 savings)
Same appointment only
-  All Environ skin care products and tools are 25% off
-  We now have IPL (Intense Pulse Light) treatments for face & body
Prices vary depending on treatment area. Must have consultation prior to treatment
-  As always, we offer FREE consultations



**GIFT
CERTIFICATES
AVAILABLE**

CALL CORY AT (918) 876-4470 OR TEXT (918) 977-0228 TO SCHEDULE YOUR APPOINTMENT

PROVEN RESULTS

BEFORE



AFTER

BEFORE



AFTER

BEFORE



AFTER



@laversaesthetics



@lavers_aesthetics



laversaesthetics.com

A BLUE Christmas Night . . .

More than a Picture..It IS Guns of Glory

by Kara Gage, Executive Marketing & Creative Director and Lead Instructor

Guns Of Glory in Dewey swung open the doors to their brand new facility in September with a fierceness like no other. A team of people came together to bring the heart, vision & dream of Daniel Dawson & the memory of his mother to life. Over the past couple of months, you've heard about how this all came to be and future plans as well. This month we take a different path, it's Christmas.

A logo is not just a cool picture with Guns Of Glory, it's the very foundation in which a legacy is being built. In the background are the crossed infantry rifles covered by the Crown Of Thorns. Having faith and serving our countrymen and our God is not just something we do, it's a part of who we are. This Christmas, we are getting BLUE.

Forty-nine times the Bible mentions a perfect, pure blue, a color so magnificent and transcendent that it was all but impossible to describe. The shade blue is associated with Mary, the mother of Jesus Christ. In the medieval times, blue dye or paint was much more expensive than gold, hence, blue would only be worn by wealthy people or royal families. Mary is often depicted wearing blue to signify her importance.

Also, to recognize the especially heavy burden placed on combat infantrymen during the Korean War, U.S.

Army Chief of Staff J. Lawton Collins, decided on a blue, the infantry branch color, disk to serve as a mounting for the standard enlisted soldier's cap and collar devices to be worn on the service and dress uniforms, along with a blue infantry cord to be worn on the right shoulder.

While the Crown Of Thorns signifies the death of Jesus, we at Guns Of Glory also celebrate His birth at Christmas. Without His miraculous birth, there could've been no death.

Without men like Daniel & David Romine, Executive Director of Guns Of Glory, both infantrymen, and thousands more military personnel, many who paid the ultimate sacrifice, there'd be no American freedoms. There'd be no American dream. There'd be no Guns Of Glory.

This Christmas season whether near or far, please know, all of us at Guns Of Glory are wishing you a Blue Christmas. A virgin birth, a reason for the season, a Blue "Disk" Christmas.



In closing, a poem for the infantrymen, *Blue Disk Christmas*.

Crossed rifles & a
Flag goes up
A flag comes down
A country's solemn heads bow.

Soldiers fly high
Not afraid to serve but,
A bit afraid to die
Blue disks & a quick jab,
Sometimes that's all the time they had.

They made it work it,
They wore it proud
From their fathers
To the fallen down.

Rifles crossed is all they see.
Blood & scars they don't reveal.
Some Christmas' they've missed
They've earned the honor, the right,
It's another Blue Disk Christmas night

A Blue Disk night.
Father watches child
Take the pain.
He remembers himself
Once again.

To a day when our towers fell
And his child took over the tell.
As Old Glory shines bright we will never cease to fight
On A Blue Disk Christmas night.

When songs are written
& Tears are wept and
Some brothers are laid to rest

Tattered & worn
He'll still rise
From dawns early light
To the Bethlehem star,
It's just another Blue Disk Christmas night.

Alone & shattered, he hears
"Fight FORWARD
Pray UP &
Kneel DOWN", my son,
His father instructs & prays,
For they only let kids like mine in the INFANTRY!

So for one more minute, for one more day,
he tells himself, I'll live my life the infantry way!

Offering Hope to Sufferers

Dr. Parchuri's Treatments Help Back Pain Sufferers

by Deanna Evans

A local orthopedic and spinal surgeon is giving hope to back pain sufferers by using advanced diagnostics and treatments to reduce and eliminate back pain for his patients.

Dr. Kris Parchuri, a spinal surgeon with Spine & Orthopedic Specialists, has offices in Bartlesville and Tulsa. He specializes in bringing the best possible procedure and treatment to every patient by connecting with them on a personal and professional level.

"I have already recommended Dr. Parchuri to three different people," said Duane V., one of Dr. Parchuri's patients. "The experience was great. I feel like my body is a success."

At the office of Dr. Parchuri, a team of medical professionals is ready to help you get your life back today. If you are suffering from chronic or acute pain, you need the leading medical professional in Tulsa spinal surgery. He is committed, dedicated, specializes in orthopedic spine surgery and pain management, and is ready to exceed your expectations with the very best service and treatment. With more than 13 years of experience, Dr. Parchuri can put you on the road to recovery and help you reclaim your life.

Thanks to Dr. Parchuri, Bruce R., had this to say, "Now, I can give my granddaughters piggyback rides and play with them in the swimming pool. Before, the result of doing that was pain for 2-3 weeks or longer."

Dr. Parchuri is a proud graduate of Kansas City University of Medicine and Biosciences College of Osteopathic Medicine. He completed his orthopedic residency in Tulsa at Oklahoma State University Medical Center, followed by a spine fellowship at Texas Back Institute in Plano, Texas.

"There are many health care providers that can offer the initial evaluation and work-up," said Dr. Parchuri. "These include your primary care doctor, chiropractor, or a physical therapist. These individuals will usually offer conservative non-surgical options prior to making a referral."

Dr. Parchuri said many people are scared or anxious to visit with a spine surgeon because they believe the surgeon will want to operate.

"Unfortunately, this is a myth perpetuated by non-facts," he said. "Most surgeons will only recommend surgery when it is absolutely needed and when all other non-surgical options have failed."

"Typically, in my practice, less than 10 percent of the patients I see on a weekly basis end up needing surgery," Dr. Parchuri added.

"Technology has dramatically changed in that fusions are quickly becoming a thing of the past," Dr. Parchuri said. "My practice is one of the leaders in performing artificial disk replacements of the cervical and lumbar spine. This allows for a much faster recovery and essentially no loss of motion."

Dr. Parchuri also specializes in the diagnosis and treatment for SI joint disease and dysfunction.

If non-surgical therapy fails to provide lasting relief, Dr. Parchuri and his patients may consider surgical options. The iFuse Implant System is a minimally-invasive treatment option to treat some SI joint disorders. The titanium iFuse implants are surgically inserted to fuse the joint and eliminate pain.



Dr. Parchuri said, "About 15-30 percent of patients with chronic low back pain may have pain arising from the sacroiliac (SI) joint, yet most physicians are not trained to consider the SI joint when evaluating lower back pain. If you are experiencing lower back pain, it may be coming from your SI joint."

The sacrum attaches to the large pelvic bones known as the ilia. The joints that connect the sacrum to the ilia are called the sacroiliac (SI) joints. These joints transfer weight and forces between your upper body and legs. SI joint degeneration can be caused by degenerative disease, trauma, pregnancy/childbirth, prior lumbar fusion and other causes.

Injury to the ligaments, muscles or other soft tissues supporting the SI joint may alter the ability of the SI joint to effectively change to new positions and/or transfer load during routine physical activities.

SI joint symptoms may present as pain, or feelings of numbness, weakness or tingling in the lower back, buttock, and/or legs. Symptoms may be similar to those from other spine conditions such as a herniated disc or a compressed nerve root.

Dr. Parchuri uses iFuse-3D implants. The 3D-printed surface mimics cancellous bone. The implants demonstrate substantial bone ongrowth, ingrowth, through growth, and employs self-harvesting technology.

Another potential treatment he uses is iFuse Bedrock, which provides "fixation, fusion, and foundation," according to Dr. Parchuri. "Data shows a 30 percent reduction in SI joint motion by adding iFuse Bedrock to sacral-alar-iliac screws."

"Please contact us if you would like to schedule an examination to evaluate your lumbar spine and sacroiliac joint," added Dr. Parchuri.

Dr. Parchuri and his team have the advanced clinical training and education to ensure that you receive the best care for your pain.

"We focus on more than just the problem," said Dr. Parchuri. "We focus on each patient as a whole and as an individual, giving you the attention you need and deserve to start moving forward in your life."

Take back what is yours — contact the office of Dr. Kris Parchuri. To schedule a consultation, call 918-286-3124 or contact them online at <https://sostulsa.com/dr-kris-parchuri/>.

Indicators of Sacroiliac (SI) Joint Pain

It Hurts Right Here

If this sounds familiar,
contact Dr. Kris Parchuri

Fortin Finger Sign

**Simple,
Reliable**

Diagnostic Aid

Painful Activities



Sitting

-Weight on the unaffected side



Sit to stand

-Pain going from sitting to standing
-Midrise catch
-Use of hands/arms to assist with standing



Stepping up

-Pain going up stairs
-Pain with loading affected side



SPINE &
ORTHOPEDIC
SPECIALISTS

Dr. Kris Parchuri • sostulsa.com/dr-kris-parchuri
226 SE DeBell Ave., Bartlesville • (918) 286-3124

SI-BONE®

si-bone.com

Co-Sponsored By SI-BONE, Inc. SI-BONE is a registered trademark of SI-BONE, Inc. ©2021 SI-BONE, Inc.

Christmas Gifts - Farm Style

Washington County Equipment Offers Premium Tractors

by Deanna Evans

Morgan and Amanda Mitchell, of Dewey, are excited to have opened their new storefront at 816 NE Washington Blvd, in Bartlesville, after many years in the business.

WCE sells premium used tractors and equipment. They specialize in late model tractor sales, most with several years of warranty remaining.

They are also excited to bring back Scag outdoor power equipment to Bartlesville. "We love the brand and are so excited to get them back out in the community," said Amanda.

They have many Scag zero-turn lawn-mowers in stock.

"We are also excited to sell and service Echo brand power equipment in the Spring," said Morgan.

WCE will also purchase your used tractors and takes trade-ins. "Good used tractors are hard to come by in this town, and I felt this business is what Bartlesville needed,"



said Morgan, who has more than 15 years of experience with selling equipment.

In addition, the business hosts online auctions with equipment up for grabs to the highest bidder. Morgan is a certified auctioneer with more than six years of experience. To view the current list of items available on the auction block, visit www.washingtoncountyequipment.com.

Other items for sale at their business include Net wrap, a large selection of Case knives, and farm toys for the kiddos. So stop by and check out their store and grab a gift for Christmas!

Visit their store at 816 NE Washington Blvd., in Bartlesville. Hours of operation are 9 a.m. to 5 p.m. Monday through Friday and 8 a.m. to noon on Saturday, or by appointment.

For more information, call 918-876-1827, visit their website at www.washingtoncountyequipment.com, or find them on Facebook.



918-876-1827

Monday-Friday 9am-5pm

Saturday 8am-noon

816 NE Washington Blvd., Bartlesville

Have Yourself a Techy Christmas

Cabala Consolidated Offers Gifts, Tech Tips & More

by Deanna Evans

'Tis the season for buying a gaming computer — the perfect Christmas gift for that special someone — and Cabala Consolidated is the perfect place to find the best options in gaming.

If you are looking for the perfect gaming computer, then look no further than Cabala Consolidated, as they provide affordable technology and products built just for you. From custom gaming computer builds to hardware upgrades and computer repair, the guys at Cabala Consolidated are technology wizards focused on treating people right who need computer service for home or business.

Rated #1 in computer repair in Bartlesville, Cabala Consolidated provides various services to suit your needs, including custom computer design, networking, computer repair (including Apple computers), remote support, laptop repair, backup services, refurbishing PCs and laptops, and service calls.

"Every computer build is tailored to its user," said local businessman and Marine veteran James Brown. "From schoolwork to workstation to virtual reality gaming, we build it for you. Computers are our passion and ... we strive for customer satisfaction, and being able to provide affordable technology solutions."

They are a monthly service provider with many satisfied customers.

"We are an offsite IT that allows people to outsource so they don't have to staff 24/7," said Brown. "We offer 24/7 computer maintenance and troubleshooting for our contract clients."

In addition, Cabala Consolidated offers Tech Tips on their website, www.cabalaconsolidated.com. They are constantly adding new tips, which are short reads with valuable information. Some previous Tech Tips cover topics like Windows 11, 5 Tech Tips for Security, Buying a New Computer, Data Backup and Recovery, and much more.

Do you know which cable is connected to what device? The specialists at Cabala Consolidated do everything from tracing and labeling to physical hardware upgrades. They can expand your Wi-Fi network to securely cover more space.

When it comes to computer repair, they offer virus removal and upgrades. They also replace hard drives, speed up computers, and do other various repairs.

They can upgrade parts and resolve issues on Apple computer devices and laptops. Running out of storage? Cabala Consolidated can upgrade storage, memory and replace charging ports on most models.

Cabala Consolidated offers help via remote connection, and they can install drivers, update software, and resolve other issues.

Cabala Consolidated is located at 336 NE Spruce Ave. in Bartlesville. It is important to book an appointment through their website or by emailing info@cabalaconsolidated.com. Hours of operation are 8 a.m. to 6 p.m. Monday through Friday.

For more information, please call Brown at 918-550-4916.

Cabala Consolidated

Affordable technology, products built just for you.
From custom computer builds to hardware upgrades.
A Local Veteran-Owned Business

- Custom Computer Design
- Certified Computer Repair
- Laptop Screen Repair
- Apple Computer Repair
- Networking / Wifi Upgrades
- Backup Services
- Remote Support
- Service Calls (On Site: Home/Business)
- Virus Removal
- Refurbished PCs & Laptops



Thanks for voting us
Best Computer Repair
2 years in a row!

918-550-4916

336 NE Spruce Ave., Bartlesville

Follow us on social media for giveaways

WE RECYCLE FOR FREE!
Old laptops, desktops,
parts, and most electronics
recycled for free, and most
of the time we can even
come and pick it up!

HOURS:
8AM-6PM M-F
APPOINTMENT ONLY



cabalaconsolidated.com

Merry Christmas
and God's blessings
in the New Year!



Thank you to
Bartlesville for keeping
us going for 20 years!

Sal's Daylight Donuts

918-337-9170

812 SE Frank Phillips Blvd.

Closed Christmas Eve & Christmas Day
Closed New Year's Eve & New Year's Day



UPCOMING EVENTS

- December 31 **New Year's Eve Party!**
- Complimentary Champagne Toasts
 - Finger Foods
 - Special Games
 - Remember us for gifts & gift certificates for the special men in your life!

Open Christmas Eve until 11pm, closed Christmas Day.

Tues - Thu 3 - 11pm | Fri 3pm - 1am | Sat 1pm - 1am
314 S. Johnstone Avenue, Bartlesville, OK 74003
918-214-8252

Merry Christmas & a Blessed New Year



Thank you for
43 great years!

Please be safe &
drive carefully!





Thank you,
Washington County,
for welcoming us to
Bartlesville!

 **REGENTBANK**
The bank that believes in you.

422 S. Dewey Ave.
(918) 907-3580
www.regent.bank

Member FDIC  Equal Housing Lender

Century of Experience Behind Teco Name

by Deanna Evans

Teco Appliance Repair and Installation is a family affair long in the making.

Owner Richard Whitchurch started out working for Gary Schwermer, the original owner of what was then called Teco Home Appliances, for 20 years. Richard's father, Dick Whitchurch, was employed there for 40 years. Richard is thankful for the knowledge his father and Gary have instilled in him through their decades of experience. "Gary and my dad are both such great help," said Richard. "I can go to them and get advice. They have so much knowledge. Between all of us, we have more than 100 years of experience."

Gary learned valuable work ethic and morals from working with his father. "You don't know your dad until you work behind him," Richard said. "My dad is my hero. I got to see him at work and learned that he is same toward people there as he is at home. He is such a great person."

Richard purchased the equipment and Gary gave him the business name six years ago. Teco Home Appliances became Teco Appliance Repair and Installation. While there is no longer a storefront, lots of new appliances can still be purchased. "We are still here and still going strong," said Richard. "We've grown the business to now needing three trucks."

Teco repairs all major brand appliances, from refrigerators to microwaves, dishwashers, ranges, cook tops, washing machines, dryers, etc. They also sell used appliances.

Richard started working on the delivery truck when he was in high school. Now Richard's three sons, Chris, Nick, and Shane, all lend a



hand, as well as his grandsons, Kale and Kaleb. Richard's cousin, Mike, who is like a brother to Richard, and Mike's son, Jake, also work hard for the business. One other family member, Cliff Taylor, who is Richard's daughter-in-law's father, is also part of the Teco team.

"My family all work with me, not for me. It's a family affair," said Richard. "We are going for a fourth-generation business. We are in it for the long haul."

All of the employees are working towards the same goal, to keep the customers happy.

For years of experience, look no further than Teco Appliance Repair and Installation by calling 918-336-3922 or 918-440-7997.

We strive for excellence in service. Come by and see for yourself.

The Village Apartments

- Club Room
- Game Room
- Laundry Room
- Pond with Fountain
- Exercise Equipment
- Swimming Pool
- Basketball Court
- 1 & 2 Bedrooms

Great apartment living at the right price.

Voted Best in Bartlesville four years in a row



1565 King Drive, Bartlesville, OK 74006 | 918-335-2911 (O) | 918-335-2230 (F) | www.bvillevillageapt.com

Preferred Home,
REALTORS

1757 Frank Phillips Blvd.
Bartlesville, OK

918-333-4647



SHARON FOUTS
918-231-2052



FEATURED PROPERTIES

 <p>Sold</p>	 <p>Under Contract</p>	 <p>Under Contract</p>	 <p>Under Contract</p>
<p>394071 GAP ROAD Custom-built brick home on 48.5 acres. Open floor plan, 3 bedrooms, 2 baths, barn, working pens, mineral rights transferred.....\$550,000</p>	<p>1208 S JOHNSTONE AVENUE Formal living & dining, custom kitchen w/SS appliances, inside utility Rm, 4 BR, 1.5 BA, wood detail, front porch w/swing, detached garage\$179,900</p>	<p>3600 NOWATA ROAD 3 bedroom, 2 bath, 2 living areas, 2-car garage. New roof, new windows, new floor covering.....\$149,000</p>	<p>120 S CREEK AVENUE 2 BR, 1 BA, CH/window air, new paint, new floor covering\$65,200</p>

RENTALS AVAILABLE

416 Mistletoe Ln 3 bedroom, 1 bath, 2 living areas, 1 car attached garage. NO PETS	<i>Deposit/Rent: \$800</i>
1401 S Jennings Ave 2 bedrooms, 1 bath	<i>Deposit/Rent: \$675</i>
1205 S Dewey Ave Apartment. 1 bedroom, 1 bath	<i>Deposit/Rent: \$475</i>

USING ELECTRONIC LOCKBOXES FOR YOUR SAFETY

Daily Specials

Taco Tuesday
3 crunchy tacos or 1 taco, rice & beans - \$4.99
Top Shelf margaritas - \$5.99

Wednesday
Lunch chimichanga - \$5.99
Large domestic draft - \$4.99

Thirsty Thursday
Lunch alambre w/ drink - \$7.99
Sm. house on the rocks or frozen margaritas - 99¢

Friday
Lunch chicken fajitas - \$7.99
Top Shelf margaritas - \$5.99

Saturday
Chicken or beef fajita - \$10.25
Top Shelf margaritas - \$5.99

Sunday
Bud Light draft beer (after 3pm) - 99¢.

Medusa's wishes you a Merry Christmas!



MEDUSA MEXICAN GRILL
201 SE Washington Blvd | Bartlesville, OK
Tue-Thu 11am - 10pm
Fri-Sat 11am - 1:30am (Appetizers & Drinks only after 10pm)
Sun 11am - 9pm
Closed Monday
918-876-6108

Taco Tuesday meal FREE for any police officer in uniform.

FREE QUESO
With the purchase of any meal. Limit 1 per table.

CHRISTMAS

Enjoy our delicious appetizers & our 10 top drafts!

Gift Certificates
Now Available

All kids under 12 eat free with purchase of an adult entree on Sunday.

Share or like on Facebook and get a free appetizer — Just show server!

 Medusa Grill & Bar

SUPER EASY Home Loans!

Low rates, fast closings and great service!
Apply online: TruityCU.org/HomeLoans



TRUITY CREDIT UNION



IS A NEW HOME ON YOUR CHRISTMAS LIST?

RESIDENTIAL

402836 W 2100 Road	Bartlesville		PENDING	Barbara Hopper	918-335-7202
1424 Valley Road	Bartlesville	5/4/01	\$365,000	Amos Radlinger	918-766-2361
610 S. Hickory Avenue	Bartlesville		SOLD!	Janette Roark	918-907-1327
651 Kenwood Court	Bartlesville		PENDING	Carolyn Bolding	918-327-1133
4820 Clearview Drive	Bartlesville	3/2/02	\$199,500	Carolyn Bolding	918-327-1133
1330 Evergreen Drive	Bartlesville		SOLD!	Carolyn Bolding	918-327-1133
5525 Harvard Drive	Bartlesville	3/2/02	\$154,900	Barbara Hopper	918-335-7202
1301 S Delaware Ave	Bartlesville		PENDING	Barbara Hopper	918-335-7202
1729 Hillcrest Drive	Bartlesville	3/2/04	\$175,000	Kristi Martin	620-870-9124
1354 Johnstone Avenue	Bartlesville		PENDING	Amos Radlinger	918-766-2361
523 Sooner Road	Bartlesville	3/1.5/1	\$104,900	Charlene Bejcek	918-440-4763
363 PR 2698	Bartlesville		SOLD!	Kim Tate-Conner	918-335-7193
605 N Cummings	Bartlesville		SOLD!	Kim Tate-Conner	918-335-7193
1204 Garden Road	Bartlesville	2/1	\$60,000	Cheryl Fregin	981-440-0040
504 Lindenwood Drive	Bartlesville		PENDING	Kathlene Blevins	918-440-1859

SURROUNDING AREAS

396271 W 2900 Road	Caney Valley		PENDING	Sydney Nichols	918-397-4505
397223 W 1200 Road	Dewey		PENDING	Amos Radlinger	918-766-2361
16244 275 Road	Nowata		PENDING	Cindy Folk	918-559-9905
506 W Birch Ave	Barnsdall		PENDING	Kim Tate-Conner	918-335-7193
258 CR 2276	Barnsdall	3/2	\$159,900	Kim Tate-Conner	918-335-7193
399580 W 740 Drive	Copan		SOLD!	Cindy Folk	918-559-9905
609 E 5th Street	Dewey		PENDING	Sydney Nichols	918-397-4505
810 N Pawnee	Dewey		PENDING	Sydney Nichols	918-397-4505
5708 E Hunter Lane	Owasso		SOLD!	Keeli Droege	918-697-8509

RESIDENTIAL LOTS & VACANT LAND

4674 E Hwy 20	Claremore	94 Acres	PENDING	Keeli Droege	918-697-8509
S.E. Price Rd	Bartlesville	50 Acres	\$1,575,000	Janette Roark	918-907-1327
N HWY 75	Bartlesville	8.97 Acres	\$499,900	Max Lutke	918-914-3813
SE Barnett	Bartlesville	71.38 Acres	\$450,000	Max Lutke	918-914-3813
SE Adams Road	Bartlesville	2.97 Acres	\$400,000	Max Lutke	918-914-3813
415 Road	Nowata	55 Acres	SOLD!	Cindy Folk	918-559-9905
CR 2804	Barnsdall	89.85 Acres	\$275,000	Barbara Hopper	918-335-7202
2710 SE Washington Blvd	Bartlesville	1.02 Acres	\$299,000	Carolyn Bolding	918-327-1133
Southport Dr	Bartlesville	9.18 Acres	\$137,750	Janette Roark	918-907-1327
N 3973 Drive	Dewey	5 Acres	\$85,900	Sydney Nichols	918-397-4505
2882 SE Washington Blvd	Bartlesville	.29 Acres	\$80,000	Carolyn Bolding	918-327-1133
W 173rd Street N	Skiatook	3 lots	74,000 ea.	Carolyn Bolding	918-327-1133
Deerfield Addition II	Bartlesville	15 Lots	\$40-\$69K ea.	Janette Roark	918-907-1327
2300 Road	Nowata	70 Acres	SOLD!	Cindy Folk	918-559-9905
Deerfield Addition III	Bartlesville	2 Lots	\$60,000 ea.	Janette Roark	918-907-1327
Southport Dr	Bartlesville	3.42 Acres	PENDING	Janette Roark	918-907-1327
Southport Dr	Bartlesville	.40 Acres	\$39,500	Janette Roark	918-907-1327
S Wyandotte Ave	Bartlesville	3 Res. Lots	\$30,000ea	Janette Roark	918-907-1327
Admiral Court	Bartlesville		SOLD!	Janette Roark	918-907-1327
Southport Loop	Bartlesville	Res. Lot	\$14,750	Janette Roark	918-907-1327

COMMERCIAL PROPERTIES

221 SE Frank Phillips Blvd	Bartlesville	Retail	\$900,000	Janette Roark	918-907-1327
510 S Cherokee Ave	Bartlesville	Comm.	PENDING	Keeli Droege	918-697-8509
209 S Choctaw Ave	Bartlesville	Multi-Use	\$190,000	Brian Saltzman	918-214-3053
217 S Choctaw Avenue	Bartlesville	Mixed Use	\$105,000	Barbara Hopper	918-335-7202
123 NE Washington Blvd	Bartlesville	Retail	SOLD!	Brian Saltzman	918-214-3053

OUR TEAM OF EXPERTS CAN HELP!



Charlene Bejcek
918-440-4763



Kathlene Blevins
918-440-1859



Carolyn Bolding
918-327-1133



Jonathan Bolding
918-327-3137



Dusty Brown
918-766-4126



Freda Brown
918-418-9506



Cheryl Fregin
918-440-0040



Cindy Folk
918-559-9905



Andrew Gordon
918-230-0864



Keeli Hand-Droege
918-697-8509



Barbara Hopper
918-335-7202



Rachel Korte
918-214-7765



Kathy Lee
918-440-2227



Max Lutke
918-914-3813



Kristi Martin
620-870-9124



Sydney Nichols
918-397-4505



Amos Radlinger
918-766-2361



Janette Roark
918-907-1327



Brian Saltzman
918-214-3053



Kim Tate-Connor
918-335-7193



Brooke Snyder
918-271-2159
Broker/Manager

OKLAHOMA'S
#1 INDEPENDENT
REAL ESTATE
COMPANY

BARTLESVILLE'S
LOCALLY OWNED
REAL ESTATE
COMPANY

WWW.CCBARTLESVILLE.COM
918-333-2222
3061 SE WASHINGTON BLVD.

CHINOWTH & COHEN

REALTORS®

Small Wins Toward Nutrition Goals



(BPT) — Face it, the past year has been tough. It's been all too easy to lose track of your wellness goals, especially regarding nutrition. The good news is, you can get back on track by working toward "small wins" — simple steps that improve your nutrition — and celebrate each one to inspire further improvements. In a recent online survey, 80% said that their perception of health and wellness has changed over the past year. The survey, conducted by Pollfish for Simply Good Foods, also found that 59% were trying to eat a better diet.

"Nutrition is key to achieving overall wellness," said Colette Heimowitz, MS, *New York Times* bestselling author and vice president of Nutrition Communication and Education at Atkins. "Making small changes today can reap big gains down the road, improving your well-being for years to come."

What small wins can help improve your nutrition?

You're more likely to stick with changes if they're not too hard to achieve. Aim for simple ways to increase protein and healthy fats while reducing carbs and sugar. Here are some ideas to get you started.

1. Make easy recipe swaps, like swapping out mashed potatoes for whipped cauliflower. Steam or boil cauliflower florets 10-15 minutes (check with fork for softness), then let sit in a colander or strainer for a while to drain excess water. Mash or use food processor to blend cauliflower with your choice of butter, sauteed garlic, or other seasonings.
2. Enjoy sweet treats with less sugar and more protein, like the new Atkins Chocolate Creme Protein Wafer Crisp Bar. They're light and crispy wafers with a chocolatey crème filling and delicious chocolatey coating — with 10 grams of protein, six grams of fiber, and only one gram of sugar, making them perfect for an afternoon pick-me-up. Or boost your energy with an Atkins Chocolate Almond Butter Protein Bar, made with a soft dough layer topped with real almond butter, almond crunch, and a delicious chocolatey coating. With a whopping 16 grams of protein, each bar can satisfy your hunger on the go, without tons of sugar.

3. Increase your vitamin intake by using seasonal produce and nutrient-rich proteins to boost the vitamin content of your dishes. Grate veggies like carrots into ground meat dishes and casseroles for extra vitamin A, C, and B6, plus other nutrients. Vitamin D is also harder to get enough of during colder months, when you spend less time in the sunshine. Foods rich in vitamin D include tuna and salmon, cheese, and egg yolks.
4. Find recipes that support your nutrition goals. Here's one below for a great option for a veggie-ful, zesty soup to warm you up on cold days, from [Atkins.com/Recipes](https://www.atkins.com/Recipes).

Roasted Red Pepper Soup

Total Time: 25 Minutes

Ingredients:

- 1 small onion
- 12 ounces roasted bell peppers
- 2 medium stalks celery
- 2 cloves garlic
- 1/4 cup Parmesan cheese (grated)
- 2 (14.5-ounce) cans chicken broth, bouillon or consommé
- 7 fluid ounces water
- 2/3 cup heavy cream
- 2 tablespoons extra virgin olive oil

Directions:

Heat oil in medium saucepan over medium heat. Dice celery and white onion. Mince garlic and add all three to pan, cook and stir occasionally about 8 minutes or until softened. Add diced roasted peppers, water and broth. Bring to boil; lower heat and simmer 5 minutes. Puree soup in batches in blender or food processor until smooth. Return soup to saucepan; stir in cream. Heat gently. Add salt and pepper to taste. Sprinkle with Parmesan cheese before serving. Optional: Serve with drizzle of sour cream. Makes 6 servings.

Give Today | Inspire Tomorrow



PRICE TOWER ARTS CENTER
FRANK LLOYD WRIGHT ARCHITECT

TOUR

DINE

STAY

**ART
GALLERY**

“Wright Angles” artwork by John Wilson

November 12, 2021 - January 9, 2022

For more information or to support Price Tower
visit pricetower.org

Walk in the Light During Christmas

by Curt Landry

Can we agree that in this season, darkness is all around us? It's not only physical, as the daylight hours shorten, and the darkness takes up more space in time. But it is also creeping into our minds, families, communities, and culture.

The question becomes, how do we walk in the Light, especially during this busy Christmas season, as we honor the Light of the World?

John 8:12 says, *"Then Jesus spoke to them again, saying, 'I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life.'"*

Yeshua HaMashiach means Jesus the Messiah in Hebrew. He came as the Anointed One, the promised King written about in the Old Testament.

Yeshua was the Word made flesh, born to be the Light of the World.

John 1:1-9, 14 says this:

*"In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through Him, and without Him nothing was made that was made. In Him was life, and the life was the light of men. **And the light shines in the darkness, and the darkness did not comprehend it.** There was a man sent from God, whose name was John. This man came for a witness, to bear witness of the Light, that all through him might believe. He was not that Light, but was sent to bear witness of that Light. **That was the true Light which gives light to every man coming into the world...** And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth."* (emphasis added)

He was there from the beginning. All things were made through and by Him. God does not change. Malachi 3:6 says, *"For I am the Lord, I do not change; therefore you are not consumed, O sons of Jacob."*

The apostle Paul reiterated this truth to New Testament believers in the book of Hebrews. *"Jesus Christ is the same yesterday, today, and forever."* — Hebrews 13:8

Paul wanted them to see the connection between the Old and the New. Without the Old, the New wouldn't be able to comprehend the Light!

The point is this: We can have confidence in the Light, even in a season of darkness. He was there from the beginning and understands what we are going through.

So then, how do we walk in the Light during this season.

Walk in the Light

1. Pause and Repent

There is a benefit of living a repentant lifestyle. It opens doors to the presence of God. This is not to say that we need to repent for salvation over and over again, but rather to challenge the mind to think in alignment with God's Word. This is why Paul warned against conforming to the world, which will only yoke you. He said to be transformed by renewing your mind, which is repenting or changing your thoughts to match God's.

This truth lights up our minds!

2. Pause and Remember

You've heard it said, "Remember the reason for the season." How do we do that? Remember the purpose of Jesus' life, death, and resurrection. John 3:17 says that Jesus came to save the world. John 10:10 reminds us that Jesus offers more than just salvation in eternity: *"...I have come that they may have life, and that they may have it more abundantly."*

This truth lights up our hearts!

3. Pause and Reflect

This is also a good time to reflect on the past year. What did the Lord teach you this year? What trials did He bring you through? The enemy wants only to bring up the pain from the past. Allow the Holy Spirit to bring the victories to the surface. You are more than a conqueror through Christ.

This truth lights up our purpose!

It's easy to get distracted and overwhelmed during this season. Try starting your day, and ending it, with these three points. Someone will notice the Light in you!

House of David
22500 South Hwy. 125
Fairland, Ok 74343
www.HouseofDavid.com



Gan's Mall

Come Check Out Our New Furniture Room!

For those of you who would like to utilize the furniture room can bring up to 10 items with **No Listing Fee**. We charge 25% on all sold items, and you may leave the items for **60 days**. If item hasn't sold you must mark items down at least **10%** for another **60 days** or pick item up. At the end of the next **60 days** and your item hasn't sold, You Must Pick Item Up!



2 Large Stores with over
200 vendors

Dewey & Copan, OK

North

Tuxedo Blvd	
Kentucky St	QuickTrip
Medusa Tavern	<input checked="" type="checkbox"/> 2 Stores <input checked="" type="checkbox"/>
Frank Phillips Blvd	Walgreens
Ollie's Mazzio's Pizza	Starbucks Coffee

Gan's Antique Mall and Annex
204 SE Washington Blvd
Bartlesville, OK 74006
918-335-1046

**Both Buildings Open
Monday thru Saturday
10:00-5:30**

**Both Buildings Open
Sundays 1:00-5:00**

Follow us on Facebook

204 SE Washington Blvd Bartlesville, OK 918-335-1046

Lainie & Tim Farris



Merry Christmas

At Farris Heat & Air, our customers are not just customers, they're family.



Tim & Toby Farris



Wally & Tim Farris

Serving the area for 57 great years!

3600 Michigan Street
Bartlesville, OK 74006

918-333-0376
Licensed HVAC
Contractor



THE CRAFTY CANDLE SHOPPE & ARTISAN MERCANTILE

MAIN SHOPPE
137 SE Washington Blvd.
Bartlesville, OK 74006

WAX FACTORY/CRAFT ROOM
203 S. Osage
Bartlesville, OK 74003

918-727-0302
www.thecraftycandle.com